

Tai Chi

Basic and Advanced Classes



- ❖ Improve Balance & Strength of Body
- ❖ Achieve Clarity & Focus of Mind
- ❖ Gain Calmness & Lightness of Spirit

Basic Class

Date: Mondays, Starting August 7, 2017
(6 weeks – no class September 4)

Time: Noon-12:55 p.m.

Cost: \$18 per participant (classes are not prorated for late starts/absences)

Instructor: Claudia Olson

Advanced Class

Date: Mondays, Starting August 7, 2017
(6 weeks – no class September 4)

Time: 1:00-2:00 p.m.

Cost: \$24 per participant (classes are not prorated for late starts/absences)

Instructor: Claudia Olson

Register at the center or online: <https://frederickcountymd-gov.3dcartstores.com>

Urbana Senior Center

Offering fitness, enrichment & social opportunities for 50+

301-600-7020

9020 Amelung Street, Urbana, MD 21704

(located on the lower level of the Urbana Regional Library)

FREDERICK COUNTY
Department
of Aging

Like us on Facebook: [Urbana Senior Center - Frederick County, MD](https://www.facebook.com/UrbanaSeniorCenter-FrederickCountyMD)

UrbanaSeniorCenter@FrederickCountyMD.gov

www.FrederickCountyMD.gov/aging